



1st Row L-R: Doug Lee, Clay McOmber, Keith Morris
2nd Row L-R: Denise Fillingame, Michelle Miller, Debbie Hodges, Deleria Davis

The number of unmarried couples living together nearly tripled between 1970 and 1980. But married couples still outnumber unmarried ones by 30 to 1.

WCMS News

By DEBBIE HODGES

West Craven Middle School Community Service Club, under the direction of Mrs. Jenny Gaskins, has recently visited Guardian Care of New Bern. Each member of the Club has an adopted Grand Parent whom they visit once a month. During the visits to Guardian Care, the students put on a presentation of Music and Poem reading for some of the residents. On our first visit which was before Thanksgiving, each member gave their adopted grandparent a turkey made from a pine cone. On the second visit, which was before Christmas, we presented them with baby food jars, decorated to look like Santa Clauses, filled with Candy. On our last visit, we went mainly to wish them a Happy New Year and to discuss Christmas. Members of the club are Sandy Wiggins, Kim Smith, Debbie Hodges, Michelle Miller, Denise Fillingame, Pam Lockey, Sharon Respass, Sonya Fulmore, Shannon Register, Maggie Harris, Kim Norman, Deleria Davis, Clay McOmber, Doug Lee, Keith Morris, Keith Cox, Kelly Evans, and Cliffie Holland. We are all looking forward to our next visit.



L-R: Keith Morris, Cliffie Holland, John Sabistone

Do You Know Where To go For The Following Service?

- | | |
|---------------------------|---------------------------|
| Abortion Counseling | Treatment for Alcoholism |
| Adoption Counseling | Psychological Testing |
| Vocational Rehabilitation | Testing for Deafness |
| Marriage Counseling | Driver Education |
| Drug Counseling | Birth Control Counseling |
| Home Care Service | Legal Aid |
| Newcomer Information | Cancer Clinics |
| Health Service | Family Planning |
| Pregnancy Tests | Senior Citizen Activities |
| Speech Therapy | Volunteer Opportunities |
| Voter Registration | Emergency Aid |

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AN OFFICIAL

From The Missouri Valley Observer

"Between the exuberance of the winner and the downhearted dismay of the loser, we find a creature called an official. Officials come in assorted sizes and shapes, but usually are dressed in the same type of uniform. All, however, have the same creed-to watch every play of every quarter of every game and to call the plays to the best of their ability as they see them.

Officials are found everywhere—on the field, in the gym, on a track, on the mat, on the diamond, in the pool—on top of, running around, jumping over, climbing through, and always with the whistle ready, looking for some infraction.

Fellow officials rib them, athletes tolerate them, the spectators boo them, coaches criticize them, wives adore them, sons and daughters idolize them and mothers worry about them.

An official is Courage in sneakers, Spirit in stripes, Wisdom with a whistle.

When the game is close, the officials are incompetent, indecisive and stupid. When it is one-sided they are merciless, whistle-happy and domineering.

An official is a composite. He looks like a gentlemen, acts like a traffic cop, is as fussy as grandmother, and as big as ham as an amateur actor playing Hamlet in Carnegie Hall.

To himself, an official has never missed a play, called a ball a strike, or split a second incorrectly with a stop watch. He has the eyes of an eagle, the keen mind of an Einstein, the judgement of a Solomon, plus the speed and grace of Joe DiMaggio and Jesse Owens all rolled into one.

To the men who work with him, he is always out of position, runs like a truck, steals calls from under his partner's nose, is as blind as a bat, stupid and awkward as a mule, and is utterly incapable of making any decision accurately other than whether to get up in the morning.

An official likes a big schedule, few training sessions, well-coached-trained-disciplined teams, considerate coaches, polite players, dry fields, air-conditioned dressing facilities, and the quiet satisfaction of having been a part of a perfect game. He cares not for snowy games, tough decisions, screaming coaches, booing fans, waiting for his pay, or traveling.

An official is a wonderful creature. You can criticize him any time, but you can't intimidate him. You can question his judgement, but not his honesty. He is the symbol of fair play, integrity and sportsmanship. He is hard working and alert. He spends long hours studying the rules and takes his work seriously. He is an individual who is making a great contribution to the American way of life, to the boys who play the game and the fans who watch, through athletics."

So—let's hear it for the officials. Bless their hearts and whistles!

Discrimination to Blame - Stereotyping

Chapel Hill - Women are treated for depression nearly twice as often as men and the number of cases probably will increase, given the social and political climate in the United States today, according to Dr. Elaine (Hilberman) Carmen, a psychiatrist at the School of Medicine of the University of North Carolina at Chapel Hill.

Carmen said many of the stresses that bring on depression in women can be attributed to sexual stereotyping and discrimination.

The solution, she said, is to end inequality and discrimination based on race and sex. "These are goals which have been important in the past but are receiving less emphasis today," Carmen said. "Dismantling of affirmative action programs, cutbacks in social programs and restrictions on abortions all will have a negative effect on women and their mental health."

Carmen based her remarks on a survey of literature on the subject, which she reported in the October issue of The American Journal of Psychiatry.

"Psychiatrists often state that depression is the most common problem they encounter," Carmen said. "One of the most consistent findings is that depression is closely associated with being female."

Carmen said 20 to 30 percent of all women experience depressive episodes, often of moderate severity, at some point during their lives. "Biological, hormonal and genetic factors, as we understand them today, are not enough to explain why more women than men experience depression," she explained.

"The excess of psychological symptoms in women is not an inevitable part of femaleness," Carmen said, "but is caused by the conditions of subordination that characterize traditional female roles. A person's external environment does help create one's inner life and identity."

Carmen said women are born into a culture where they are considered less important, less competent and less powerful. "If you try to break out of this stereotype, you often don't get a lot of support."

Women who are most vulnerable to depression, Carmen said, are married women who have small children and do not work outside the home, and young, poor women who are raising a family alone.

"The husband is the person who is linked to the world," she explained. "There is an unequal distribution of power in most families. The husband and kids tend to get their needs met and the wife is the one who meets those needs. Women are socialized only too well to put other people's needs before their own."

Carmen said families are traditionally viewed as the

source of emotional support for most women, yet violence is said to occur in 50 percent of American families. "Because of the possibilities of spouse abuse, child abuse and incest," she said, "the most dangerous place to live may be your own home."

Getting a job outside the home helps, but is not always the answer, Carmen said. "Women who work may find another role that gives them satisfaction but often they wind up in dead-end, low-paying jobs. They continue to be fully responsible for everything that happens at home. They end up with two full-time jobs."

In addition, she said, there is a lot of sexual discrimination and sexual harassment connected with working, which also can be stressful.

"There are estimates that seven out of 10 women will experience sexual harassment on the job," Carmen said, "and many women now are coming forward to talk about both psychological stress and loss of income as they leave jobs because they believe there is no other solution."

One way women deal with being second-class citizens, Carmen said, is to develop a set of psychological characteristics that accommodate and please men.

"Traits such as submissiveness, helplessness, weakness and compliance have been encouraged in women," she said, "but they are survival skills developed by women to cope with their powerlessness in a man's world, not traits women are born with."

"Processes that mental health professionals consider desirable—for example, a person's direct attempts to use all resources to establish a grounded, self-determined, inner sense of self—are not encouraged for women," Carmen said. "If women demonstrate these active processes, they are likely to experience negative and confusing responses during childhood and adult life."

Carmen said even mental health professionals have trouble breaking away from a stereotyped image of how women should behave and feel. "Adjustment to traditional roles is stressed and anger in women is often labeled as pathological rather than understood as a consequence of a devalued position," she said. "In general, our culture and our psychological theories have viewed women's anger as inappropriate except when it is used in the service of others, as in a lioness defending her cubs."

"Crying can often be an indirect statement of anger which is often misinterpreted as sadness. We just don't recognize the rage that's beneath the tears."

NEXT WEEK — Depression Can Hit Anytime - Difficult To Detect In Elderly.

Are We Winning Drug Abuse Fight?

By CHRIS TIEDEMANN
N. C. State University

Statistics from a 1980 drug abuse survey of high school seniors show that the country may have turned the corner on drug abuse, says Dr. Leo Hawkins, human development specialist at North Carolina State University.

Among the conclusions of the survey were that marijuana use had fallen slightly, use of "PCP" has dropped substantially; there has been a drop in the use of inhalants,

barbiturates and tranquilizers; use of heroin and other

opiates has remained stable and use of cocaine has nearly leveled off.

"Thus 1978 and 1979 seem to have been the peak years for drug use. Public concern

and media attention are credited with helping to turn the tide," Hawkins explains.

"In 1980, 50 percent of seniors said there was a 'great

risk' in the use of marijuana, compared with 35 percent in 1978," Hawkins said. And 75 percent personally dis-

approved of regular use, compared to 66 percent in 1977.

"Researchers say that our society may be turning the

corner on the problem of drug use," Hawkins says, "but even so, there is a long way to go to return to the relatively drug-free years of the fifties."

SOLAR ENERGY

Solar energy is not just for the rich. Some pilot work is being sponsored by the State Economic Opportunity Office of the N. C. Department of Natural Resources and Community Development to bring solar water heating and solar window box heating to low income households. For more information, contact John Edwards at (919) 733-2633.